



Robert Damminger
Freeholder Director

Giuseppe (Joe) Chila
Deputy Freeholder Director

Adam J. Taliaferro
Freeholder Liaison



Sunrise Yoga & Tai Chi



Please come and join the Gloucester County Department of Health, Senior and Disability Services' Yoga program designed for older adults. Warm up with the slow uninterrupted movements of Tai Chi, transitioning into a very gentle form of yoga which will help you relax and improve your well-being. This 1 hour program will run once each week over a 6 week period.

Yoga mats are provided by the county for your use, we only ask that you bring a towel.

When: **Tuesday September 16th, 23rd, 30th, Oct. 7th,
Wednesday October 15th, and Tuesday Oct. 21st.**

Time: **1:00P.M.—2:00P.M.**

Where: **St. Peter and Paul Church
362 Ganttown Rd
Sewell, NJ 08080**

Cost: **FREE!!**
Pre-registration is required please contact Carla at 856-218-4106
(Class is contingent upon a minimum of 10 participants)

For more information contact
Carla Kephart
At the Gloucester County Department of Health
856-218-4106

The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of race, religion, color, national or ethnic origin, sexual orientation, age, marital status or disability in admission to, access to, or operations of its programs, services, or activities. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the Division of Disability Services at (856) 384-6842/New Jersey Relay Service 711 or the EEO office at (856)384-6903.